

Madam Chair and members of the committee,

I am Shawna Mickel from the Helena Brain Injury Support Group. I urge you to support RFS and these are the reasons why.

When I was released from the hospital after my brain injury, I had no aftercare,  
no physical therapy,  
and no help coping with my physical limitations.

As an example, when I showered I couldn't remember if I had shampooed or conditioned my hair. I would keep repeating the shower details until I got so upset I started crying and got out of the shower. It took me several weeks to figure out a system where I marked down shampooing and conditioning my hair in the shower. This way I knew I had completed it.

If I would have had something like the RFS, they could have directed me to medical facilities with personnel to help me with therapy, medications and life coping skills.

I urge you to fund the RFS so people don't have to go through the personal frustrations I went through on my own.

Thank you.

*Sharna  
M. Michel*